

# EXHIBIT 6



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ARTICLES FROM DR. BELL, IFPA FOUNDER



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- Children and young adult health and fitness
- Core Training
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- Fat Loss
- Fire Fighter
- Fit For Duty; Military
- FITBIT
- Kids
- Low Back Pain and Disorder
- Medical Fitness Specialist
- Motivation and Personal Development
- Nutrition
- Online training
- Personal Training
- Police
- Power Training
- Sports Conditioning
- Sports Medicine/Rehabilitation
- Sprinting
- Strength Training
- Stretching / Flexibility
- Weight Loss
- Wellness and Health
- Women's Health and Fitness



## HOLDING ON TO PREGNANCY WEIGHT – POSTPARTUM WEIGHT RETENTION

October 31, 2019 Dear Dr. Bell, I SWEAR ON THE LAST BABY HAIRS I HAVE ON MY EDGES, that my body just wants to HOLD ...

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## CAUSES & TREATMENTS FOR BACK PAIN DURING PREGNANCY

September 29, 2017 Dear Dr. Bell, I'm in my second trimester and I've started experiencing bad back pain. Do you have any exercises or stretches ...

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## WHAT IS THE BEST WAY TO RECORD DUMBBELL WEIGHT?

December 7, 2016 Dear Dr. Bell, I'm new to lifting. What is the proper way to recording dumbbell weight? Do you combine the weight, or ...

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ASK DR. BELL A QUESTION

Send us your story or ask Dr. Bell your health and fitness question!

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Training

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CONTACT

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For the latest in health and fitness, follow us on our social media channels.



Contact us

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